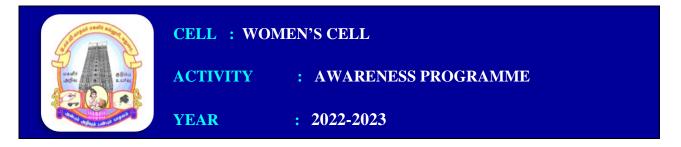
### E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE



# WOMEN'S CELL

| DATE                   | TIME                           | VENUE   | MODE    |  |
|------------------------|--------------------------------|---|---------|--|
| 21.03.2023             | 02:00 p.m.<br>to<br>04:00 p.m. | E.S.R. Alamelu Ammal Hall<br>EMG Yadava Women's College   | Offline |  |
| Theme                  |                                | Health Education  |         |  |
| Nature of the Activity |                                | Awareness Programme   |         |  |
| Title                  |                                | Young Women's Health Education  |         |  |
| Organisers             |                                | Women Cell Coordinators:<br>Mrs. C. Kanthimathi Nachiyar<br>Mrs.D.Sharmila<br>Assistant Professors of English |         |  |
| No. of Participants    |                                | Students: III Year UG Students  |         |  |

### AWARENESS PROGRAMME ON "YOUNG WOMEN'S HEALTH EDUCATION"

#### **Objectives:**

- 1. To explore and understand the various dimensions of women's health issues from multiple perspectives.
- 2. To highlight the importance of a well-rounded healthcare approach, emphasizing that the ultimate goal of any health process is to lead a healthy and fulfilling life.
- 3. To provide practical strategies for promoting young women's health, focusing on the most common health concerns affecting women and ways to manage associated risks.

#### **Programme Outcome:**

- Students gained a deeper understanding of how to manage diet, anxiety, and depressive disorders, and learned how these mental health challenges can affect our physical well-being as young women.
- 2. Became more aware of menstrual health issues and understood their potential long-term effects on women's overall health.
- 3. Participants learned about common health problems, their symptoms, and preventive measures, which helped to recognize the importance of early intervention and taking proactive steps for better health management.

## Photographs:





Awareness Programme on "Young Women's Health Education" - 21.03.2023

#### E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

#### **Enclosures:**

a. Invitation:



### b. Circular:

| (An Autonon  | Yadava Women's Colored to a credited (3rd cycle) with Grade A' | Madurai Kamaraj University)               |
|--|--|---|
|  | WOMENS CEL<br>CIRCULAR   | L AND |
| Has plan to conduct a r<br>memorial hall regarding<br>to be conducted by Dr. | neeting on 21.03.2023 at 2:00                                  | ation. An Awareness program is go         |
| 17.  | 1  | Prinčipal - '                             |
| SI NO  | DEPARTMENT   | HOD SIGNATURE                             |
| 1  | HISTORY  | Tollen                                    |
| 2  | English  | Pathlus                                   |
| 3  | BBA  | Teathow                                   |
| 4  | NGO  | Rotanila                                  |
| 5  | Zoologi  | G. Indian Raus                            |
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| 9  | BCAR MCA   | S. VIII YA                                |
| 10   | TS   | 18 pml.                                   |
| 11   | TAMIL  | B. Par: Vala                              |
| 12   | COMMERCE   | K. Podera va R                            |
| 13   | Malhi  | pr cl                                     |